### September 2013

# Keep Yourself and Your Family Healthy This Flu



As flu season approaches, Governor Steve Beshear and First Lady Jane Beshear are encouraging others to protect themselves by getting flu vaccines. The Governor and First Lady received their influenza

vaccinations last week from the Frankfort First Onsite Clinic staff.

"Jane and I know the best way to protect ourselves and our family is to get a flu vaccine each season," Gov. Beshear said. "The availability and affordability of the vaccine make it easier than ever to protect yourself."

"I especially encourage parents and school-aged children to get flu shots," said Mrs. Beshear. The flu is an easily transmitted virus, and this vaccine will help prevent missed sick days at school and work, creating healthier homes and classrooms."

Kentucky Employees' Health Plan members can receive a FREE flu shot now through Nov. 30, 2013. Read more.

### **Capitol Flag Flies Again**



A simple worn out piece of hardware can set in motion a long chain of events.

When a small pulley atop the flagpole, on top of the Capitol broke, a fix was needed.

Who ya gonna call? Read more.

### **Kentucky State Parks Offer Online Tee Time** Reservations



Golfers can now go online to reserve tee times at all 16 of the golf courses operated by the Kentucky State Parks, Commissioner Elaine Walker has announced. Read more.

### MSS Workshops Are a Hit



Are you getting closer to retirement but not quite ready to sit down with a counselor? Would you like to gain a better understanding of your benefits and look at some projections?

Consider attending a Member Self-Service (MSS) Workshop! Read more.

## More Headlines

### **Treasurer Hollenbach Helps Hundreds Find Treasure at Kentucky State Fair**

From unclaimed treasure of as much as \$14,000 in stock found by a surprised mother of three, to a woman who jumped for joy at claiming \$14 for an unredeemed gift certificate, those are the kinds of success stories that came out of the Treasure Finders booth at the Kentucky State Fair. Read more.

## **Get More Money for Your Education**

If you're thinking about college, these tips from the Kentucky Higher Education Assistance Authority (KHEAA) may help you receive more money to pay for your education. Read more.

## **Compass Radiology Outreach – RadRewards**

As a courtesy for all active employees and retirees, Compass is now offering a Radiology Outreach Program to help you save on your out-of-pocket expenses.

Compass will call members who have been pre-certified through Humana for their MRI and/or CT Scan, and who are currently scheduled at high-cost provider, to offer high-quality, more cost-effective provider options in your area. Read more.

## **Drop off Used Tires at Designated Sites - No** Charge

The Energy and Environment Cabinet's Division of Waste Management is sponsoring waste tire amnesty events across Kentucky, meaning Kentuckians can drop off unwanted tires free of charge. Read more.

## **Employee Recognition**

Read about Unclaimed Property employees, Yvonne Lovell, Aaron Thompson and Meghan Crosman. Find out about the Horse Parks' award and Corrections' accreditation. Remember Charles Wells, employee advocate, and learn about the special dedication in his memory. Read more.

**Don't Miss Out on These Employee Discounts** 

The Personnel Cabinet provides links to sites that offer discounts to state employees (as an informational

### **Upcoming Events**

### Schedule a 'Stay'cation

The Kentucky Department of Travel and Tourism would like to remind everyone that some of the best festivals and events coming up in the next several months are in your own back yard. You can enjoy music, food, crafts and the great outdoors anywhere in the state. For a listing of events and ideas,

www.kentuckytourism.com and join us on Facebook.

### **Health Insurance** Open Enrollment, Oct. 1-31

The Kentucky Employees' Health Plan (KEHP) Open Enrollment for the 2014 plan year is Oct. 1 – 31.

This year's enrollment is a mandatory, active enrollment, meaning all eligible members must enroll in a health plan or waive coverage. Look for more details in the next few weeks.

### Shape up Your **Retirement Plan**

Deferred Compensation is offering Expos at a location near you. Two hours of paid time off, plus reasonable travel time, is available for state employees to attend one Expo. Read more.

### **KRS Announces** Fall/Winter Webinar Schedule

Following a successful webinar debut this summer, KRS will continue providing retirement information through a series of webinars this fall and winter. Read more.

### Save the Date: Adopt-a-Highway Fall Sweep

The Fall Sweep Week is Sept. 15-21. Learn more.

### **IPMA-HR Fall** Conference Scheduled for Sept. 19-20

The Kentucky Chapter of IPMA-HR will be hosting its annual Fall Conference on Sept. 19-20 at General Butler State Park in Carrollton, KY. This year's theme is "Seeking Answers / Finding Solutions: HR for Today." Read more.

#### Around the Commonwealth

Find fun things to do in September. Read more.

service). View discounts.